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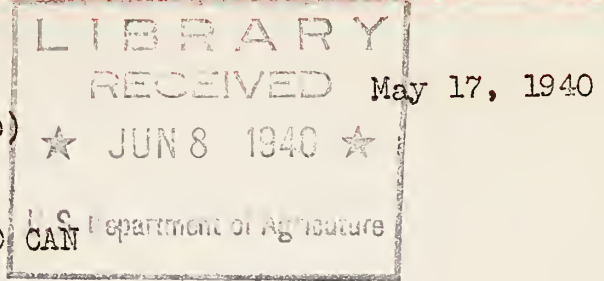


Homemaker News

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ALL READY TO CAN

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Not all blue ribbons are awarded at the county fair. There is another kind that the family gives the homemaker for her store of home-canned foods that bring variety into winter meals, says _____, (Name)

(Institution) (Place)

Fruits and tomatoes are easy to can because they can be processed in a boiling water bath, in the oven, or in a steamer. Even the open-kettle method is satisfactory, if the jars are sterilized and handled carefully.

But for meats and vegetables other than tomatoes the steam pressure canner is essential. When the family is large and a great deal of canning is done, the price of a pressure canner will not add much to the cost of each can of food. Often a group of women can purchase a steam pressure canner cooperatively and take turns using it, or organize a canning center and do their work together.

If glass jars are used, it is a good policy to inspect them for cracks and chips before the canning season. See that the lids are in good condition, and have a supply of new rubber rings as insurance against canning failures.

But when canning large quantities of food, tin containers are often preferred. No danger of breakage, no loss of liquid, less space used in the canner and in storage--these are some of the advantages of using tin cans. It is best to get new cans each year, rather than reflare the old ones.

For some foods plain tin is suitable, but others require cans with a special enamel lining. Use C enamel for canning corn, lima beans, red kidney beans, and succotash. Use sanitary or R enamel for canning beets, all kinds of berries, cherries, cranberries, pimientos, plums, pumpkin, and squash.

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